

The objective of the thesis is to provide an outline of risk factors and situations that may occur in old age but also to show possible ways that may lead to prevention or reduction of similar undesirable features. These intentions are developed on studies of scientific literature and internet sources and further interlined by ascertained empirical data of selected research reports oriented on seniors in the Czech Republic.

The thesis is divided into five basic thematic parts. The first part has more general character - it introduces the definitions of fundamental features of this thesis, old age and aging. The second part provides historical outline of development of science that deals with this matter, including emphasis on the origin of gerontosociology as a specific sociologie discipline. The remaining three parts create the basis of this thesis and are devoted to concrete aspects related to old age. It deals especially with demographic factors and their impact on age stratification of Czech society, further social psychological level that has a significant role in the process of preparation and adaptation to old age and eventually social aspects that focus especially on possibilities and impediments of keeping relations of seniors with social environment.

There is no universal recipe for successful ageing, every single human being is different. The principle is not to enter this life stage prejudiced and unprepared. The preparation for old age, the effort to approach the life actively, searching for second life program etc. may be the ways to fill this life phase.